

## CLAIMS

- 1 1. A back board apparatus to suspend a user in an upright position,  
2 comprising:  
3 a platform with a top end and a bottom end;  
4 a strapwrap, physically coupled to the platform, to suspend the user against the  
5 platform.
- 1 2. The apparatus of claim 1, further comprising:  
2 a foothold step attached toward the bottom end of the platform.
- 1 3. The apparatus of claim 2, wherein the foothold step is adjustable in height.
- 1 4. The apparatus of claim 3, further comprising:  
2 a head rest attached toward the top end of the platform
- 1 5. The apparatus of claim 4, wherein the head rest is adjustable in height.
- 1 6. The apparatus of claim 5, further comprising:  
2 an anti-skid runner coupled to the bottom end of the platform.
- 1 7. The apparatus of claim 6, further comprising:  
2 an arm rest coupled to the platform.
- 1 8. The apparatus of claim 7, the arm rest further comprising:  
2 a cup holder configured to receive a beverage container.
- 1 9. The apparatus of claim 7, the arm rest further comprising:  
2 a fold-out table configured to provide a flat level surface.
- 1 10. The apparatus of claim 7, the arm rest further comprising:  
2 a magazine rack configured to store written material.
- 1 11. The apparatus of claim 6, further comprising:  
2 a wedge runner to support the platform against a wall.

1           12.    The apparatus of claim 6, further comprising:  
2           a rack with a crossbar, configured to be coupled to the top end of the platform;  
3                    and  
4           a bar, configured to be coupled to the platform on one end, and configured to be  
5                    coupled to the crossbar.

1           13.    The apparatus of claim 12, wherein the top end and the bottom end are  
2                    coupled by hinges.

1           14.    The apparatus of claim 13, wherein the top end is shaped to form a hole  
2                    near the headrest.

1           15.    The apparatus of claim 14, further comprising:  
2                    a fastener configured to secure the strapwrap around the user.

1           16.    The apparatus of claim 15, wherein the strapwrap is approximately six  
2                    inches in width.

1           17.    The apparatus of claim 16, further comprising:  
2                    two loop harnesses, coupled to the top end, configured to receive arms of the user.